

# EDUC 215: WELLNESS & RESILIENCE FOR COLLEGE & BEYOND

THUR 2:30PM-5:20PM, w/ FRI 1hr Lab  
5 CREDITS

You will learn skills to help you:

- Balance academics with life outside of the classroom
- Recognize and handle strong emotions
- Build positive relationships
- Develop more effective exam and homework strategies
- Cope with a setback or traumatic event



WV